

SERVING SENIORS

Passionately helping seniors survive

www.servingseniors.org

 Winter 2007

Mission

Provide quality and compassionate services for the survival, health and independence of seniors living in poverty.

Vision

Create an environment where seniors, living in poverty, are respected and live free of fear with pride and dignity.

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Lots of Help with a Little Bit of Hope

Bob* was homeless and nearing desperation when he found Senior Community Centers. The retired Army veteran's monthly income wasn't enough to keep up with his rent and basic living expenses.

"Senior Community Centers literally saved my life," says Bob. They got me off the street, gave me a room and helped me rebuild my life."

Seniors like Bob come to Senior Community Centers every day seeking assistance. Some come by word of mouth, others are referred by nearby community organizations, and still others have been found living on the street by the City of San Diego's Homeless Outreach Team (HOT) and brought to us for a hot meal and help finding a place to live.

"What makes these seniors different than other homeless people you may see downtown is that they typically have lost their homes due to economic circumstances, not because of lifestyle choices," says Paul Downey, Senior Community Centers' President/CEO. "These seniors don't want to be homeless but they often don't have enough money to live on their own."

With the shortage of affordable rooms downtown, even being late a day in paying rent can result in a senior losing his or her place. And with the high cost of medication, food, and transportation, many seniors run out of money long before the end of the month.

Senior Community Centers' Transitional Housing Program (THP) is the bridge between the street and stable,

permanent housing. The goal of the program to provide a helping hand for seniors who have become homeless by stabilizing their situations and moving them toward permanent housing.



THP client, Hubert, 82

Case managers place homeless seniors in one of 35 units Senior Community Centers manages in a downtown Single Room Occupancy (SRO) hotel. Two assisted units are available for seniors who are too frail to live on their own.



THP client Sixto, 75, with his Case Manager, Martha

Although the rooms are small and bare, every effort is made to make each person as comfortable as possible. Each new client is given a large basket filled with sheets, towels, personal hygiene items, cleaning supplies, and snacks to make them feel at home.

Seniors work closely with their case manager to resolve the issues that resulted in their homelessness by following an individualized case plan as a condition of remaining in the program. Each one eats meals at the Broadway Center so they can socialize with the other seniors. They also work with our nurse to resolve health issues and stabilize any chronic conditions with medication or visits to the doctor. Many are taught how to manage their finances for the first time and receive help opening a checking account and buying groceries.

More than 90 percent of our clients successfully completed the program and moved to permanent housing such as Potiker Family Senior Residence. The Transitional Housing Program is another important way Senior Community Centers helps save and change lives in our community.

If you would like to tour our facilities and see what we do firsthand, please call 619-235-6572.

*name has been changed for privacy

Seniors “Swing” in the New Year at Broadway

The Serving Our Seniors Committee organizes several activities and events throughout the year. Recent activities include a trip, via limousine to the Quail Botanical Gardens in Encinitas, where seniors enjoyed a tour and picnic. On December 29th, the committee hosted a New Year's Eve party at our Broadway Center. The seniors had a delightful time dancing with Senior Community Centers board members, volunteers and President and CEO Paul Downey.

Serving Our Seniors Committee

Co-Chairs
Kathy Parker
Marge Schmale

Members

Susan Boyle	Rosalie Gerevas
Tina Bradford	Arlene Prater
Tana Cleaves	Janet Stannard
Darlyn Davenport	Janet Winnick

Potiker Resident Gives Back Via Volunteerism

What do you get when you take a Potiker resident, a big, friendly smile, and someone who likes to keep busy by doing things to help others?

“The most loyal volunteer we have ever seen,” says Darlyn Davenport, Senior Community Centers Board Member who, along with her husband Chuck, operates the Windmill Thrift Shops.

Carl Duddick has been volunteering at The Windmill Outlet Shop at 315 16th Street in downtown—just blocks from Potiker Family Senior Residence—for over a year. Faithfully, he shows up three or four days a week and spends up to six hours at a time cleaning donations and sorting them into bins to either be shipped to the store in North Park or to be sold at the Outlet location.

“I like this place very much,” said Carl when asked why he enjoys spending so much of his time there. “I enjoy doing something for someone else and this job lets me support Senior Community Centers.”

Carl has lived at Potiker for just over two years. After moving in, he joined the Potiker Ambassadors, a residents' committee that meets weekly to discuss issues in the building and to make suggestions for improvement. But he felt that he had more to give and wanted to help give back to Senior Community Centers.

After meeting with Older Adult Rehabilitative Specialist, Dennis Dearie, and discussing his desire to volunteer, they found the Windmill Outlet to be the perfect place for Carl to give back.

Visit www.windmillthriftshops.org



Board Member, John Calabotta, did his best impersonation of Dick Clark as the emcee for the New Year's Eve Party. John is pictured with Edna Mae.

The dining room at the Broadway Day Center was transformed into a dance hall for a few hours on December 29th. Party goers enjoyed music from the 20's and 30's while committee members served hors d'oeuvres and sparkling cider. In this picture, Brigido and Julianita show off their best moves.

President and CEO, Paul Downey, was on his feet for most of the party as seniors lined up to dance with him. In this picture, Anna gets her turn.

Upcoming Events

◆ 10th Annual Heroes Luncheon - Celebrating *A Decade of Heroes*

On May 18, 2007, Senior Community Centers will celebrate *A Decade of Heroes* at the 10th Annual Heroes Luncheon at the Manchester Grand Hyatt in downtown San Diego. The luncheon will be held from 11:30am - 1:30pm.

The Heroes Luncheon honors heroes in our community who are highly dedicated to our mission. Without these heroes and the safety net they provide, many of our seniors wouldn't survive.

If you would like more information about sponsorship opportunities or luncheon tickets, please contact Sheona Richardson at 619-235-6572 ext. 305 or sheona.richardson@servingseiors.org.

This event is presented by Kelly Capital and Sempra Energy.

◆ *Swinging for Seniors Golf Tournament*

Our annual tournament to benefit senior programs and services will be held on October 8, 2007, at the Rancho Bernardo Inn. Look for information about the golf tournament in future newsletters and on our website at www.servingseiors.org.

Community Members Bring Holiday Cheer to Seniors

In addition to meals, physical and mental health services, housing, and social services, seniors also come to Senior Community Centers for socialization. Many of the seniors we serve live alone and don't get visitors very often, so when they come to the dining sites, they enjoy talking to the volunteers and participating in social activities.

During this past holiday season, we had lots of volunteers serve holiday meals, donate gift bags filled with food, clothing and household goods, sponsor holiday parties and decorate the dining sites. Many of our seniors don't have family living close by and the holiday season can be a very difficult and lonely time. The seniors truly appreciate the volunteers for donating their time and resources to make the holidays so special.

Senior Community Centers serves meals 365 days a year and we need volunteers for each one of those days. In addition to serving meals, volunteers can organize a bingo game or other board game and bring in prizes, sponsor a holiday party or host an ice cream social.

If you or your organization would like more information about volunteer opportunities, please contact Tim Ruis at 619-235-6538 ext. 305 or tim.ruis@servingseiors.org.



San Diego National Bank employees served lunch and donated holiday goodie bags to the seniors at the Beech Street dining site.



Community members served Christmas dinner at Potiker Family Senior Residence.



Vitro Robertson hosted a holiday bash at the Broadway Center. They brought cookies and cupcakes, gift bags and even Santa!



Volunteers served 230 meals at the Broadway Day Center on Christmas Day.

Thank You

Thank you to all of the foundations and corporations who have funded our programs and services during the last quarter.

Alliance Healthcare Foundation
 Change A Life Foundation
 Citigroup Foundation
 Costco Wholesale Foundation
 Country Friends, Inc.
 McCarthy Family Foundation
 San Diego County Employee's
 Charitable Organization
 San Diego Gas & Electric
 Samuel H. French III and
 Katherine Weaver French Fund
 Sempra Energy
 Solar Turbines
 Sundt Foundation

*Every attempt has been made to include all grants. We apologize for any omissions.

Wish List

- Bingo Cards for our Broadway Day Center
- Clothing and household goods for clients in the Transitional Housing Program
- Kitchen items such as can openers, crock pots and utensils to be used as raffle prizes at Clubhouse meetings at Potiker Family Senior Residence
- Yoga mats for the new yoga class at Potiker Family Senior Residence
- Conference table and chairs for the administrative offices at Potiker Family Senior Residence
- Van to transport home-delivered meals to homebound seniors downtown

To make a donation, please call 619-235-6572

This quarterly newsletter is designed to keep our donors, volunteer groups, board and committee members updated on Senior Community Centers' events, programs and services.

If you would like to receive this newsletter by email or would like to be removed from our newsletter email list, please send an email to sheona.richardson@servingseiors.org or call 619-235-6572 ext. 305.

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Senior Community Centers



From the Desk of Paul Downey President & CEO

There is lots of great news these days at Senior Community Centers. We have just received the first endowment gift in our history from WebMD, our 150-unit City Heights affordable housing complex will open this summer and our programs are serving record numbers of seniors.

We are proud of our successes and extraordinarily thankful to each of you for your support. Without your gifts none of these things could occur.

There is a significant challenge on the horizon that I actually view as “great news” as well. Our landlord has decided not to renew the lease for our flagship senior center located at 9th and Broadway, downtown. You probably think that losing a lease really doesn’t qualify as great news. But frankly, our current center is not adequate to meet the demands of our seniors today and into the future.

Our landlord’s decision has forced us to take a hard look at what we need in a flagship senior center – from both a program and space standpoint. We are currently exploring several options and working with an architect to design a facility that has proper space and amenities for our seniors. A final decision on a new home is expected in the next few weeks.

We have set an ambitious goal to be moved in and operating in our new digs by this time next year. Please call or email me if you would like more information on how you can help.

Paul Downey can be reached at:
paul.downey@serving seniors.org or (619) 235-6572 x301

